



2020

Candlelight Reflections

“To honor, hope and remember.”

Thursday, November 5, 2020

LCG Enrichment Center
NC Certified Senior Center of Excellence
1615 South Third Street
Sanford, NC 27330
(919) 776-0501

A Word From The Enrichment Center Caregiver Support Program

“When you can’t control what’s happening, challenge yourself to control the way you respond. That’s where your power is.”

Kaitlyn Moorhead

The year 2020 will be recorded in history books as a trying time for not only The United States, but for the world. It has been a year full of unexpected changes and challenges. We are living unfamiliar settings with “new normals” that are sometimes hard to comprehend. It reminds me of how our loved ones who are living with, or have lived with Dementia, may feel - lost. Instead of fearing 2020, I’d like us all to think of this time as a growing period; a brief respite that has gifted us with time to reflect on our busy lives and appreciate the blessings we have been given. Let us remember 2020 as the year we grew stronger and better.

Although we are unable to come together on this special day to acknowledge National Alzheimer’s Awareness Month, as well as, National Caregiver Month, please know that we are all still together in spirit. We continue to honor each of you, and celebrate the lives of your loved ones.

Please use this program as a guide on Thursday, November 5th, 2020 to help you continue the Candlelight Reflections legacy in a safe environment. Know that the Enrichment Center will continue to be your support network for any resources you may need. We hear you, we see you and we appreciate you all. Stay strong, stay positive and we will get through this together.

Holly C. Hight

Online Video Presentation

<https://www.youtube.com/watch?v=JZX9Voeh48U>

Governor's Proclamation

WHEREAS, Dementia is an overall term for diseases and conditions, characterized by a decline in memory, language, problem-solving and other cognitive abilities, that impair daily life and independent function; and

WHEREAS, more than 5 million Americans are living with Alzheimer's Disease which is the most common form of Dementia, and is the sixth leading cause of death among North Carolinians; and

WHEREAS, Alzheimer's Disease and Related Dementias (ADRD) affects nearly 40 percent of the United States population aged 65 and older; and

WHEREAS, more than 170,000 people in North Carolina are affected by all forms of dementia, and this number is expected to increase roughly 19 percent by the year 2025; and

WHEREAS, there is currently no known form of prevention, treatment or cure for many forms of Dementia, including Alzheimer's Disease; and

WHEREAS, the State of North Carolina encourages continued advocacy for a cure and support for individuals with dementia and their loved ones;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim November 2020, as "DEMENTIA AWARENESS MONTH" in North Carolina, and commend its observance to all citizens.

7:00 p.m. The Lighting of the Candles

At 7:00 p.m., across the state, candles will light up the night sky in honor and memory of our loved ones. If you are able, go outside and look upwards. Repeat the Alzheimer's Prayer (located on the back of this program), then speak your loved one's names out loud and let the wind carry them forward, along with the thousands of others being said on this special night.

Alzheimer's Prayer

Great Creator, we pray -

For those who have died of Alzheimer's disease - *Peace.*

For those who now struggle with Alzheimer's disease – *Dignity and Comfort.*

For Families, Caregivers, Friends and Supporters - *Compassion and Courage.*

And for those who seek the cause, cure, prevention, and treatment of Alzheimer's disease - *Our Sincerest Thanks.*

Please accept our earnest and humble prayer.

Amen.

***“We remember their love when they
can no longer remember.”***

Caregiver & Dementia Resources:

Alzheimer's Association

www.alz.org

Alzheimer's Helpline

1(844)440-6600

The Dementia Alliance

www.dementianc.org

The Enrichment Center

www.leecountync.gov/ec

National Caregiving Alliance

www.caregiving.org

